

Mechanicsburg Place Newsletter



March & April 2024

Upcoming Closures

- March 15 - St. Patrick's Day Party (No Drive-Through)
- Thursday, March 21 - Holiday Easter Meal (Drive-Through Only). Pick up meal 11:30 - 12:00 noon
- March 28 - Easter Celebration (No Drive-Through)
- March 29 - Good Friday
- April 10 - Camp Eder Senior Day
- April 26 - Doubling Gap Day

Upcoming Events/Information

Chronic Disease Self-Management Class:

March 28 - May 7

CCOA will be teaching this six-week class on Tuesdays from 9:00 - 11:30 am. It is not a lecture-type class, but involves **brainstorming, problem-solving, action plans, and other group activities.** You will learn new skills on how to better deal with frustration, depression, fatigue, pain, and isolation that come with living with a chronic condition. Please note on the days this class is held, the indoor meal will not be served until 12:00 noon.

Active Aging Zumba Class: Begins March 5

Take Time for You Fitness will be holding a Zumba class from 12:30 - 1:30 pm. This program is designed for seniors, so be sure to come join us and try it out. The cost is \$5 per class. The center will cover the cost for the first two classes on Tuesday, March 5, and Thursday, March 14. After March 14, participants will be required

to pay the instructors at the beginning of class. You must register for this event.

PA Department of Revenue: Wednesday, March 6

The PA Department of Revenue will be at our center from 10:00 am - 2:00 pm to help with applying for rent/property tax rebate for 2024. The income requirement has changed, so they can answer any questions or concerns and help you apply online. Please see the front desk to register for a time.

Carry In Meals

St. Patrick's Day Party: Friday, March 15

No drive-through meals will be served. Please register with staff to attend. **Don't forget to wear your green!**

Easter Celebration: Thursday, March 28

No drive-through meals will be served. Please register with staff to attend. **Wear your Easter colors!**

Presentations

Friday, March 8 - 12:00 Noon - Sadler Health Center:

Sadler Health Center recently opened a new center in Mechanicsburg on Trindle Road. They are a federally qualified health center and serve everyone (all ages) in a medical mall setting. Services include: primary care, dental, behavioral health, vision, pharmacy, lab, express care, and support services. Bingo will follow.

Tuesday, March 12 - 12:00 noon - Quality Insights Organization "Diabetes Get in The Know":

This presentation will cover the basics of diabetes, risk factors, signs and symptoms, testing, diet, and ways to manage blood sugar.

Malpezzi Funeral Home *Helping families through life changing events*

Michael J. Malpezzi, Owner, FD
Jeremy J. Shartzer, FD
Kyle C. Knipe, FD



8 Market Plaza Way Mechanicsburg, PA 17055
Phone: (717) 697-4696 www.malpezzifuneralhome.com



Craft Days:

Wednesday, March 13 - 12:00 pm - St. Patrick Door Hanger with Judi.

Monday, March 18 - 12:30 pm - Woven Easter Basket with Marianne & Linda.

Chocolate Eggs

We are looking for donations of supplies, including: **gift cards, peanut butter, confectioner's sugar, butter, shredded coconut, marshmallow creme, coconut extract, and cream cheese.** The more donations we receive, the better the profit. The last day to place an order for eggs will be Friday, March 15. After that, it will be first come, first served. Cost is \$1.25/individual and \$13/dozen.

Upcoming Trips

Wednesday, April 10, Ashcombe's/TJ Rockwell

We will be visiting Ashcombe's to walk through for spring flowers followed by lunch at TJ Rockwell. Must register by April 1. We will meet at Ashcombe's at 10am.

Friday, April 26, Doubling Gap Spring Event - 9:00 am - 2:00 pm (Camp YoliJwa, 1550 Doubling Gap Rd., Newville)

Tickets go on sale starting Monday, April 1. The theme this year is hobo on the railroad. Music will be by DJ Mr. BIII. The day will begin with breakfast at 9:00 am and lunch will be chicken BBQ. There will be multiple raffle items. **Be sure to bring your address labels and money.** The cost is \$20/member. You must register and pay by Friday, April 12. **No tickets will be sold after this date.**

Weather Reports/Closures

Please remember that unexpected closures due to inclement weather could happen. In the event of a closure, it will be posted on the local news stations as **"Cumberland County Senior Centers,"** and we will also send out an automated call to all members.

Maintenance/Repairs

The borough will continue to work on the pit next door throughout the winter. Please be respectful of equipment and vehicles as they maneuver filling the pit.

Mechanicsburg Place Senior Center Facebook Group & Webpage

Type the following URL directly into your browser:

Facebook.com/groups/mechanicsburgplace

Download the monthly newsletter, calendar of events, & menu at ***MessiahLifeways.org/MechanicsburgPlace***

Lunch Orders and Activity Sign Ups

Please contact the office by 10:00 am the preceding day (Friday at 10:00 am for Monday orders) to order your lunch for the next day. CCOA pays \$4.92 for every meal served at Cumberland County Senior Centers. **We ask that everyone contributes a \$3 donation per meal they eat inside or to-go.** This is not mandatory, but it helps give back to the county that helps keep the senior centers running.

Please also sign up ahead of time (monthly or weekly) for Tai Chi, presentations, crafts, and bingo. This helps our instructors and guest bingo callers prepare for the size of the group they will be hosting.

Suggested Membership Fee

While the \$25 annual membership fee is not required, we ask that everyone please consider making an effort to help keep the Mechanicsburg Place Senior Center running. As a member who donates the annual \$25 fee, you will also be able to receive discounts on certain trips. We thank you for your consideration!

Upcoming Birthdays:

Ed Meyer-3/3, Carol Morton & Ken Wright-3/5, Bill Burnett-3/8, Chris Mahoney-3/10, Bob Wright-3/11, George Coleman & Gail Kreitzer-3/15, Anne Roberts-Samsel-3/25, Rocco Pugliese & Paul Smith-3/26, Linda Sawyer-3/29, Susan Asbury & Annetta Simington-4/1, Linda Mortensen-4/4, Guy Hess-4/8, Judy Labs-4/10, Don Badorf & Juli McGreevy-4/15, Jean Priebe-4/17, Dean Espenshade-4/19, Betty Margaro-4/20, Sandra Contreras-4/21, Catherine Weldon-4/25, Shirley Kimmel-4/30